DR. SEBI

THE COOKBOOK

SEA MOSS RECIPES, HERBAL TEAS, SMOOTHIES, DESSERTS, SALADS, SOUPS AND MORE TO REBUILD THE BODY

KERRI M. WILLIAMS

BOOK 5

200

RECIPES

DR. SEBI

From Sea moss meals to Herbal teas, Smoothies, Desserts, Salads, Soups & Beyond...200+ Electric Recipes to Rejuvenate the Body Naturally

By

KERRI M. WILLIAMS

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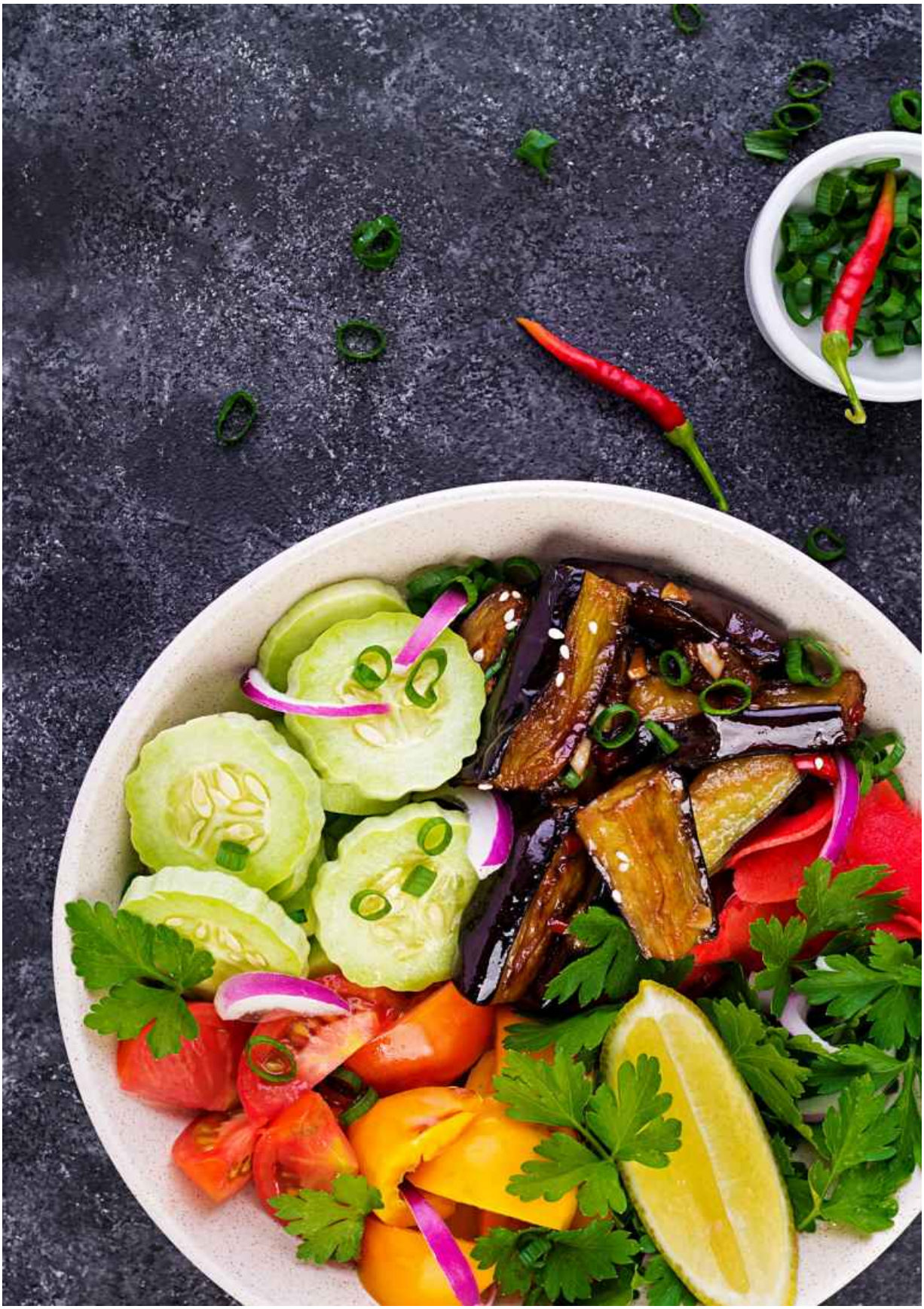

Introduction

The Dr. Sebi Alkaline Recipe

The food we eat today is unfortunately based on acidic foods, e.g. meat, dairy, sugar, etc. Today’s diet is typically western, it is so high in processed, GMO, and hybridized foods which unbalance the alkalinity of the blood. Dr. Sebi advised to avoid all these foods and eat only natural foods made my God. Dr. Sebi healing method revolves around the idea that disease exists only in an acidic environment. Therefore, his motto was: alkalize the environment and get rid of the disease. We know that the body constantly tries to maintain a healthy balance of 7.4 pH level in the blood. We can help it achieve and maintain this balance if we eat a natural alkaline based electric diet. Unfortunately, a typical western diet is high in very acidic foods. It is tasty, convenient, and nutrient deficient. Dr. Sebi protocol is based on the idea that the reason the western diet is unhealthy is that, being heavily processed, it lacks nutrition. That's why he insisted on foods that include over 100 minerals that support electrical activity and overall vitality of the body.

Principles of the Dr. Sebi Recipe

1. You must only eat foods listed on the Dr. Sebi Food List

Dr. Sebi insisted that you eat only the foods from his list of approved foods. Although the list is quite restrictive and many foods are left out, it contains wholly natural alkaline foods. Besides, Dr. Sebi insisted that no hybridized foods should be taken. By hybridized foods, he meant all the plants produced by artificial cross-pollination. Needless to say, most of the fruits and vegetables available today are hybridized.

Although Dr. Sebi diet seems rather restrictive, you can still create healthy, balanced, and tasty meals with the approved foods. One of the reasons so many foods have been left out from the list is that so much of what we eat today is hybridized. Dr. Sebi believed that hybridized fruits and vegetables generally are unnatural and not electric, and that their nutrient level is lower. One of the ways to know a plant that is hybridized is if it has no seeds. We now have quite a lot of seedless fruits ranging from watermelon, oranges, grapes, to tomatoes and berries. etc. Avoid these whenever you can. Dr. Sebi believed that natural foods are much healthier than those created by man.

Must-Have Kitchen Equipment

Most activities require certain tools and this also applies to cooking. Must-have kitchen equipment can be categorized according to its purpose.

1. Cutlery

These are spoons, knives, forks, ladle, spatula, tongs, slotted spoon, whisk, etc.

2. Slicing tools

Anything used for cutting, chopping, mashing or grinding falls into this category - knives, grater, potato masher, vegetable peeler, etc.

3. Oven-safe storage containers

There’s nothing as convenient as taking your meal prep containers out of the refrigerator and right into the oven. Try to store your foods in different containers if they will require different methods of reheating. For example, a container of wild rice or quinoa would go straight to a steamer while my container of roasted chicken is placed in the toaster oven.

4. A Crock-pot

A great tool for lunch or reheating prepped meals.

5. A Powerful Blender

6. A Food Processor of Juicer

7. A Toaster Oven

8. A Tea Kettle

9. Pans and Pots

10. Special extras (optional)

These can help but you can easily do without them, e.g. spiralizer, an instant pot, air fryer, a tool for zesting key limes, steamer basket, sandwich maker, immersion blender, etc.

11. Miscellaneous

These are uncategorized items found in most kitchens, e.g. can opener, corkscrew, measuring cups or spoons, pepper mill, salad spinner, colander/strainer, cutting board, pots and pans, mixing bowls, etc.

Some of these tools are essential and no kitchen should be without them, e.g. cutlery, pots and pans, etc. Others, you should get if you can but there is no need to try and get them all at the same time. You can start by getting one or a couple from each of the categories and gradually add new ones if you think you need them. However, if you can't get most of these tools don't fret, our grandmothers prepared fantastic meals although they had very few pieces of cooking equipment and often did not even have electricity. Besides, what tools you'll need in your kitchen depends not only on your budget but also on the type of meals you are likely to prepare. For example, if smoothies are part of your diet, you will need a blender, if you bake often you will need kitchen scales, etc.

Dr. Sebi Nutritional Guide

The body produces all the acid it needs, so when your urine pH levels are high, it means that your body is trying to rid itself of excess acid. This excess acid gets into your organs through acidic foods and beverages. Fortunately, your body continually tries to maintain balance and will not tolerate the surplus of acid so it gets rid of it. However, if you continually, over many months and years, consume very acidic foods, your kidneys and lungs will eventually become unable to process the surplus and you may develop acidosis. Most of the surplus of acids come from proteins. That is why Dr. Sebi never cared much about proteins and amino acids. An easy solution to this problem, if you can't avoid or reduce protein, is to simply eat more alkaline foods (i.e. fruits and vegetables). That way, alkaline foods will reduce acid levels. However, the trouble is that the modern diet contains too many neutral foods, e.g. starches, fats, and sugar, which are unable to compensate for a surplus acid load.

Dr. Sebi food list is what your diet should focus on if you want to reap the benefits of the alkaline lifestyle. Although, many of the foods listed may not be available where you live, it's easy to prepare tasty and varied meals even with only some of the foods from this list.

Dr. Sebi Electric Food List

Below are Dr. Sebi generally approved List in the Nutritional Guideline. This list of vegetables, fruits, herbs, grains, oils and nuts and seeds is general and represents the general rule of thumb for foods to eat for healthy living. They include:

Dr. Sebi Food Electric Food List Table

Vegetables	Fruits	Spices	Grains	Sweeteners	Herbals
Olives Wakame Zucchini Wild Arugula Cucumber Mushrooms (but not Shitake) Squash Onions Garbanzo Beans Cherry and Plum Tomato Tomatillo Nori Turnip Greens Amaranth Kale Okra Watercress Dandelion Greens Chayote Arame Lettuce (but not iceberg) Bell Pepper Avocado	Cantaloupe Bananas Prickly Pear Peaches Soursops Limes Cherries Plums Berries Tamarind Rasins Papayas Soft Jelly Coconuts Currants Apples Pears Dates Figs Prunes Orange Mango Grapes Melons	Oregano Cloves Tarragon Pure Sea Salt Powdered Granulated Seaweed Cayenne Habanero Sage Sweet Basil Dill Basil Achiote Savory Thyme Onion Powder Bay Leaf	Kamut Rye Quinoa Wild Rice Amaranth Spelt Fonio	Agave Syrup from cactus Date Sugar from dried dates	Fennel Elderberry Chamomile Red Raspberry Tila Ginger Burdock

SALADS

Alkaline Salad Burritos

There's no meat, there's no potato. It's the burger replacement. Eat your way to health and vitality. Take a go at it. You'll love it

Serving : 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 274 Cal; 9.1 g Fats; 11.5 g Protein; 39 g Carb; 4.4 g Fiber;

Ingredients

- 2 ounces arugula
- ¼ cup cherry tomatoes
- 2 tablespoons tahini butter, homemade
- ¾ cup cooked chickpeas
- 2 Kamut flour tortillas

Extra:

- 1 tablespoon key lime juice
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Prepare the dressing and for this, take a small bowl, place tahini butter in it and then stir in lime juice until mixed.
2. Take a medium bowl, place tomatoes in it, add arugula and chickpeas, drizzle with the dressing, toss until mixed, then cover the bowl and let it rest in the refrigerator for 20 minutes.
3. When ready to eat, heat the tortillas until warm, fill them with chickpeas mixture, sprinkle with salt and cayenne pepper, and then roll to serve.

Rainbow Mango Salad

Make this whenever you need a heart-warming food, feel like you are kind of religious, or catch a cold (although we vegans don't really catch colds). Prepare this and feel like a conquering the world after taking this down.

Serving : 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 108 Cal; 0.5 g Fats; 1 g Protein; 28.1 g Carb; 3.3 g Fiber;

Ingredients

- 1 mango, peeled, destoned, cubed
- ¼ of onion, chopped
- ½ cup cherry tomatoes, halved
- ½ of cucumber, deseeded, sliced
- ½ of green bell pepper, deseeded, sliced

Extra:

- 1/3 teaspoon salt

- ¼ teaspoon cayenne pepper
- ¼ of key lime, juiced

Directions

1. Take a medium bowl, place the mango pieces in it, add onion, tomatoes, cucumber, and bell pepper and then drizzle with lime juice.
2. Season with salt and cayenne pepper, toss until combined, and let the salad rest in the refrigerator for a minimum of 20 minutes.
3. Serve straight away.

Satisfying Spring Salad

So maybe you don’t live around the Mediterranean or Caribbean. That’s okay, you can still eat this. Just do it in a corner. Just kidding. Wasn’t that tasty?

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 87.3 Cal; 7 g Fats; 1.4 g Protein; 6 g Carb; 1.3 g Fiber;

Ingredients

- 4 ounces arugula
- ½ cup cherry tomatoes, halved
- ¼ cup basil leaves
- ½ key lime, juiced
- 2 tablespoons walnuts

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ tablespoon tahini butter

Directions

1. Prepare the dressing and for this, take a small bowl, place key lime juice in it, add tahini butter, salt, and cayenne pepper and then whisk until combined.
2. Take a medium bowl, place arugula, tomatoes and basil leaves in it, pour in the dressing, and then massage by using your hands.
3. Let the salad rest for 20 minutes, then taste to adjust seasoning and then serve.

The Raw Green Detox Salad

“The electric greens you sow will be the deliciousness you reap”. Yeah, no. Ok, so this salad is not just “greeny” but quite tasty, I mean very very tasty. That’s what I meant to say.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 12.5 g Fats; 1.6 g Protein; 7.8 g Carb; 1 g Fiber;

Ingredients

- ½ of cucumber, deseeded
- 4 ounces arugula
- 1/8 teaspoon salt
- 1 tablespoon key lime juice
- 1 tablespoon olive oil

Extra:

- 1/8 teaspoon cayenne pepper

Directions

1. Cut the cucumber into slices, add to a salad bowl and then add arugula in it.
2. Mix together lime juice and oil until combined, pour over the salad, and then season with salt and cayenne pepper.
3. Toss until mixed and then serve.

Dandelion and Strawberry Salad

You can never go wrong with dandelion. Super food, super nutritious. Combined with the flavors of onion and berries, you've got yourself a winner. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 7 minutes;

Nutritional Info: 204 Cal; 16.1 g Fats; 7 g Protein; 10.6 g Carb; 2.8 g Fiber;

Ingredients

- ½ of onion, peeled, sliced
- 5 strawberries, sliced
- 2 cups dandelion greens, rinsed
- 1 tablespoon key lime juice
- 1 tablespoon grapeseed oil

Extra:

- ¼ teaspoon salt

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and let it heat until warm.
2. Add onion, season with 1/8 teaspoon salt, stir until mixed, and then cook for 3 to 5 minutes until tender and golden brown.
3. Meanwhile, take a small bowl, place slices of strawberries in it, drizzle with ½ tablespoon lime juice and then toss until coated.
4. When onions have turned golden brown, stir in remaining lime juice, stir until mixed, and then cook for 1 minute.
5. Remove pan from heat, transfer onions into a large salad bowl, add strawberries along with their juices and dandelion greens and then sprinkle with remaining salt. Toss until mixed and then serve.

Spicy Wakame Salad

Don’t let the wakame stems throw you off, it’s healthy, but also integrated nicely. Enjoy this flavor dish on a bright sunny day. Bon appetit!

Serving: 2

Preparation time: 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 106 Cal; 7.3 g Fats; 3 g Protein; 8 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup wakame stems
- ½ tablespoon chopped red bell pepper
- ½ teaspoon onion powder
- ½ tablespoon key lime juice

Extra:

- ½ tablespoon agave syrup
- ½ tablespoon sesame seeds
- ½ tablespoon sesame oil

Directions

1. Place wakame stems in a bowl, cover with water, let them soak for 10 minutes, and then drain.
2. Meanwhile, prepare the dressing and for this, take a small bowl, add lime juice, onion, agave syrup and sesame oil in it and then whisk until blended.
3. Place drained wakame stems in a large dish, add bell pepper, pour in the dressing and then toss until coated.
4. Sprinkle sesame seeds over the salad and then serve.

Avo-Orange Salad Dish

Want a guaranteed laugh? Say the title of this meal in a very high voice. Okay, maybe that wasn't funny, but not only is this healthy, it's delicious and convenient to carry. The dressing is trapped at the bottom of the jar with the greens. Genius! I know. When you empty the jar into a bowl, it mixes nicely too. Or you can eat it right out of the jar after a few hearty shakes.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 228 Cal; 18.9 g Fats; 3.3 g Protein; 14.7 g Carb; 7 g Fiber;

Ingredients

- 1 orange, peeled, sliced
- 4 cups greens

- ½ of avocado, peeled, pitted, diced
- 2 tablespoons slivered red onion
- ½ cup cilantro

Extra:

- ¼ teaspoon salt
- ¼ cup olive oil
- 2 tablespoons lime juice
- 2 tablespoons orange juice

Directions

1. Prepare the dressing and for this, place cilantro in a food processor, pour in orange juice, lime juice, and oil, add salt and then pulse until blended.
2. Tip the dressing into a mason jar. Add remaining ingredients, toss until coated, and add to a salad bowl, or serve in jar.

Nourishing Electric Salad

Serves two people. That's all. But keep your hands off thy neighbor's mason jar salad. It's a healthy alkaline vegan salad, c'mon.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info : 129 Cal; 7 g Fats; 2 g Protein; 14 g Carb; 4 g Fiber;

Ingredients

- ½ of a medium cucumber, deseeded, chopped
- 6 leaves of lettuce, broke into pieces
- 4 mushrooms, chopped

- 6 cherry tomatoes, chopped
- 10 olives

Extra:

- ½ of lime, juiced
- 1 teaspoon olive oil
- ¼ teaspoon salt

Directions

1. Take a medium salad bowl, place all the ingredients in it and then toss until mixed.
2. Serve straight away.

Superfood Fonio Salad

Serving: 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 145 Cal; 3 g Fats; 6 g Protein; 24.5 g Carb; 5.5 g Fiber;

Ingredients

- ½ cup cooked chickpeas
- ¼ cup chopped cucumber
- ½ cup chopped red pepper
- ½ cup cherry tomatoes, halved
- ½ cup fonio

Extra:

- 1/3 teaspoon salt
- 1 tablespoon grapeseed oil
- 1/8 teaspoon cayenne pepper

- 1 key lime, juiced
- 1 cup spring water

Directions

1. Take a medium saucepan, place it over high heat, pour in water, and bring it to boil.
2. Add fonio, switch heat to the low level, cook for 1 minute, and then remove the pan from heat.
3. Cover the pan with its lid, let fonio rest for 5 minutes, fluff by using a fork and then let it cool for 15 minutes.
4. Take a salad bowl, place lime juice and oil in it and then stir in salt and cayenne pepper until combined.
5. Add remaining ingredients including fonio, toss until mixed, and then serve.

Healthy Chickpea Roast Salad

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 208.3 Cal; 8 g Fats; 6.4 g Protein; 30 g Carb; 8 g Fiber;

Ingredients

- ½ of cucumber, deseeded, sliced
- 2 avocados, peeled, pitted, cubed
- 1 medium white onion, peeled, diced
- 2 cups cooked chickpeas
- ¼ cup chopped coriander

Extra:

- 1 teaspoon onion powder
- ½ teaspoon cayenne pepper
- 1 teaspoon of sea salt
- 2 tablespoons hemp seeds, shelled

- 1 key lime, juiced
- 1 tablespoon olive oil

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Meanwhile, take a baking sheet, place chickpeas on it, season with salt, onion powder, and pepper, drizzle with oil and then toss until combined.
3. Bake the chickpeas for 20 minutes or until golden brown and crisp and then let them cool for 10 minutes.
4. Transfer chickpeas to a bowl, add remaining ingredients and stir until combined. Serve straight away.

Amaranth Tabbouleh Salad

Now, it's time to gobble this salad! We present to you a decadent dish that will leave you spellbound.

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 214 Cal; 4.5 g Fats; 6.5 g Protein; 37 g Carb; 9 g Fiber;

Ingredients

- 1 small white onion, peeled, chopped
- 1 cup cooked amaranth
- ½ of cucumber, deseeded, chopped
- 1 cup cooked chickpeas
- ½ of medium red bell pepper, chopped

Extra:

- 1/3 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons key lime juice

Directions

1. Take a small bowl, place lime juice in it, add salt and stir until combined.
2. Place remaining ingredients in a salad bowl, drizzle with lime juice mixture, toss until mixed, and then serve.

Dr. Sebi Zucchini and Mushroom Bowl

This was one of the first vegan dishes I ever learned and I modified it and named it after my mentor, Dr. Sebi. It blew my mind because I hated Zucchini and didn't believe plants could be cooked to have hearty, meaty umami-esque flavors. You might think the same, but after this you won't. I guarantee it.

Serving: 2

Preparation time: 5 minutes; Cooking time: 8 minutes;

Nutritional Info: 168 Cal; 2 g Fats; 0.9 g Protein; 36 g Carb; 6 g Fiber;

Ingredients

- 2 zucchini, spiralized
- ½ of medium red bell pepper, sliced

- ½ cup sliced mushrooms
- ½ of medium green bell pepper, sliced
- ½ of medium white onion, peeled, sliced

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion, mushrooms and bell peppers, and then cook for 3 to 5 minutes until tender-crisp.
2. Add zucchini noodles, toss until mixed, and then cook for 2 minutes until warm.
3. Serve straight away.

DESSERTS AND SNACKS

Alkaline Peach Muffin

Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 76.1 Cal; 3.3 g Fats; 0.9 g Protein; 14.3 g Carb; 0.9 g Fiber;

Ingredients

- 2/3 cup spelt flour
- ½ of peach, chopped
- 1 teaspoon mashed burro banana
- 2/3 tablespoons chopped walnuts
- 6 ½ tablespoons walnut milk, homemade

Extra:

- 1/16 teaspoon salt

- 2 2/3 tablespoon date sugar
- 2/3 tablespoon spring water, warmed
- 2/3 teaspoon key lime juice

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, peel the peach, cut it in half, remove the pit and then cut one half of peach in ½-inch pieces, reserving the other half of peach for later use.
3. Take a medium bowl, pour in the milk, and then whisk in mashed burro banana and lime juice until well combined.
4. Take a separate medium bowl, place flour in it, add salt and date sugar, stir until mixed, whisk in milk mixture until smooth, and then fold in peached until mixed.
5. Take four silicone muffin cups, grease them with oil, fill them evenly with the prepared batter and then sprinkle walnuts on top.
6. Bake the muffins for 10 to 15 minutes until the top is nicely golden brown and inserted toothpick into each muffin comes out clean.
7. When done, let muffins cool for 10 minutes and then serve.

Nutty Brown Energy Balls

This recipe took some innovation since Matzo balls require eggs, but we cracked the code, so we didn't have to crack any eggs. What's better...this recipe has tons of protein! Serves two hungry people for one meal or one hungry person for two meals. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 119 Cal; 8 g Fats; 2 g Protein; 10 g Carb; 1 g Fiber;

Ingredients

- ¼ cup blueberries
- ¼ cup dried dates
- 1 cup soft-jelly coconut, shredded
- ¼ cup walnuts
- ½ teaspoon date sugar

Extra:

- ½ tablespoon agave syrup
- 1/16 teaspoon salt

Directions

1. Place walnuts in a food processor and then pulse until the mixture resembles a fine powder.
2. Then add berries, coconut, date sugar and dates, pulse until just mixed and then slowly blend in agave syrup until the soft paste comes together.
3. Spoon the mixture into a medium bowl, chill it for a minimum of 30 minutes and then roll the mixture into balls, 1 tablespoon of mixture per ball.
4. Roll the balls into some more coconut and then serve.

Flying Raspberry Energy Balls

In Los Angeles, we like to think that no one settles down, and it's all the men's fault. Since Peter Pan, a Disney mythical character, is always flying' around, it's a fitting name. These energy balls will give you so much power and energy, you'll never want to settle down.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 123 Cal; 8 g Fats; 1 g Protein; 11 g Carb; 2 g Fiber;

Ingredients

- ½ cup raspberries
- 5 dates
- 1/16 teaspoon sea salt
- 1/3 cup walnuts
- 1 ½ cup soft-jelly coconut, shredded

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until well combined.
3. Shape the mixture into balls by using wet hands, 1 tablespoon of mixture per ball, place the balls on the tray, and let them freeze for a minimum of 30 minutes.
4. Serve straight away.

Zucchini Bread Pancakes

I know pancakes get a bad rep in the healthy community. But what really makes it bad? Ingredients of course! I bet you if all ingredients were healthy – it becomes healthy! In this recipe, the ingredients make them frigging stellar and healthy, though.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 130 Cal; 4 g Fats; 3 g Protein; 21 g Carb; 3 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ cup grated zucchini
- ¼ cup chopped walnuts
- 1 cup walnut milk, homemade

Extra:

- 1 tablespoon date sugar
- 1 tablespoon grapeseed oil

Directions

1. Take a medium bowl, place flour in it, add date sugar, and then stir until mixed.
2. Add mashed burro banana and milk in it, whisk until smooth batter comes together, and then fold in nuts and zucchini until just mixed.
3. Take a large skillet pan, place it over medium-high heat, add oil and when hot, pour the batter in it in portion and then shape each portion into a pancake.
4. Cook each pancake for 3 to 4 minutes per side and then serve.

Chickpea Nuggets

For those of you that know of Chicken Nuggets, you know it is a popular dish. But hey, this is not Chicken. We decided to take a stab at this recipe and turn it into a perfect Chicken or fish replacement dish. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 291.6 Cal; 3.9 g Fats; 19.9 g Protein; 26.8 g Carb; 3.4 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- ½ teaspoon salt
- 1 teaspoon onion powder
- 1/3 cup and 1 tablespoon bread crumbs

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place chickpeas in a food processor and then pulse until crumbled.
3. Tip the chickpeas in a bowl, add remaining ingredients in it except for 1/3 cup of breadcrumbs and then stir until a chunky mixture comes together.
4. Shape the mixture into evenly sized balls, shape each ball into the nugget, arrange on a baking sheet greased with oil and then bake for 15 minutes per side until golden brown.
5. Serve straight away.

Special Spelt Banana Bread

I don’t think this needs any explaining. Make it. You’re welcome.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 186 Cal; 11.3 g Fats; 1.3 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- 1/3 cup chopped walnuts
- 1 1/3 cup of burro banana
- 2/3 cup spelt flour
- 1/8 teaspoon salt
- ¼ cup agave syrup

Extra:

- 1 1/3 tablespoons olive oil

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place the burro banana in a medium bowl, mash it by using a fork and then stir in oil and agave syrup until combined.
3. Take a separate medium bowl, place flour in it, add salt and nuts, stir until mixed, and then stir in the burro banana mixture until smooth.
4. Pour the batter into a parchment-lined loaf pan and then bake for 20 minutes until firm and the top turn golden brown.
5. When done, let the bread cool for 10 minutes, then cut it into slices and serve.

Invigorating Sea Moss Pudding

This sweet pudding is sure to prep your day up, whether you plan to climb a mountain or lead a board meeting - with plenty of iron, vitamins and minerals to keep your brain and body nourished.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 97.8 Cal; 0.5 g Fats; 0.7 g Protein; 23.4 g Carb; 2.8 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 2 cups blueberries
- 6 tablespoons of sea moss gel
- ½ cup spring Water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for water.
2. Cover the blender jar with its lid, pulse until smooth, and then slowly blend in water until thickened to the desire level.
3. Serve straight away.

Delicious Avocado Tomato Toast

This was one of my favorite breakfasts growing up, and now that I no longer eat eggs, it was time to recreate the wholesome breakfast with mashed avocado instead.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 189 Cal; 11 g Fats; 3 g Protein; 20 g Carb; 5.4 g Fiber;

Ingredients

- 2 slices of spelt bread, toasted
- 1 avocado, peeled, pitted, mashed
- ½ cup cherry tomato halves
- ½ teaspoon salt

- 2 teaspoons key lime juice

Directions

1. Place avocado in a bowl, add lime juice, and then mash until smooth.
2. Spread mashed avocado evenly on top of each toast and then scatter cherry tomatoes.
3. Sprinkle salt over tomatoes and then serve.

Tasty Rye Crackers

Some people like buns, some others like cakes, but we know that crackers is not only tempting, it's taking the snack world by storm. And who says you can't eat crackers on the Dr. Sebi diet? A cracker made from alkaline ingredients. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;
Nutritional Info: 81.2 Cal; 1.2 g Fats; 0.8 g Protein; 16.4 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup rye flour
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon dried basil

Extra:

- 2 tablespoons grapeseed oil
- 4 tablespoons spring water

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, place flour in a food processor, add all the seasonings and oil, and then pulse until combined.
3. Add water, pulse until the dough comes together, and then roll it into a ½-inch thick dough.
4. Use a cookie cutter of the desired shape to cut out cookie, arrange them on a large baking sheet and then bake for 10 minutes until nicely browned.
5. Serve straight away.

Healthy Date Balls

Regardless if you're black or White, you're bound to love this soothing, nutty date balls. Make it whenever you need a heart-warming snack. We didn't need to crack any eggs. Satisfies one hungry person, maybe two.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 99.1 Cal; 5.3 g Fats; 2 g Protein; 13.5 g Carb; 2 g Fiber;

Ingredients

- ¼ cup walnuts
- ½ cup dates, pitted
- ¼ cup sesame seeds
- ½ cup soft-jelly coconut, grated
- 2 tablespoons agave syrup

Extra:

- ¼ teaspoon of sea salt

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for sesame seeds.
2. Cover the blender jar with its lid and then pulse for 20 seconds until well combined.
3. Tip the mixture into a bowl, shape it into even size balls and then roll each ball into sesame seeds.
4. Serve straight away.

SOUPS, STEWS AND SAUCES

Zoodle Vegetable Soup

You'll love this soothing, flavorful soup that's been around since Moses roamed the desert, I think. Make it when you feel kind of religious. Stay well, eat well.

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 265 Cal; 2 g Fats; 4 g Protein; 57 g Carb; 13.6 g Fiber;

Ingredients

- ½ of onion, peeled, cubed
- ½ of green bell pepper, chopped
- ½ of zucchini, grated

- 4 ounces sliced mushrooms, chopped
- ½ cup cherry tomatoes

Extra:

- ¼ cup basil leaves
- 1 pack of spelt noodles, cooked
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ of key lime, juiced
- 1 tablespoon grapeseed oil
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium heat, add oil and when hot, add onion and then cook for 3 minutes or more until tender.
2. Add cherry tomatoes, bell pepper, and mushrooms, stir until mixed, and then continue cooking for 3 minutes until soft.
3. Add grated zucchini, season with salt, cayenne pepper, pour in the water, and then bring the mixture to a boil.
4. Then switch heat to the low level, add cooked noodles and then simmer the soup for 5 minutes.
5. When done, ladle soup into two bowls, top with basil leaves, drizzle with lime juice and then serve.

Cucumber and Basil Gazpacho

Serves a very hungry person or two people having a nice cute little dinner date at their cute little abode. Don’t give to your cat, otherwise she will love you too much.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 15 g Fats; 4 g Protein; 15 g Carb; 6 g Fiber;

Ingredients

- 1 avocado, peeled, pitted, cold
- 1 cucumber, deseeded, unpeeled, cold
- ½ cup basil leaves, cold
- ½ of key lime, juiced

- 2 cups spring water, chilled

Extra:

- 1 ½ teaspoon sea salt

Directions

1. Place all the ingredients into the jar of a high-speed food processor or blender and then pulse until smooth.
2. Tip the soup into a medium bowl and then chill for a minimum of 1 hour.
3. Divide the soup evenly between two bowls, top with some more basil and then serve.

Spicy Soursop and Zucchini Soup

Serving: 2

Preparation time: 5 minutes; Cooking time: 45 minutes;

Nutritional Info: 224 Cal; 5 g Fats; 5.8 g Protein; 38.1 g Carb; 3.4 g Fiber;

Ingredients

- 1 cup chopped kale
- 2 Soursop leaves, rinsed, rip in half
- ½ cup summer squash cubes
- 1 cup chayote squash cubes
- ½ cup zucchini cubes

Extra:

- ½ cup wild rice
- ½ cup diced white onions
- 1 cup diced green bell peppers

- 2 teaspoons sea salt
- ½ tablespoon basil
- ¼ teaspoon cayenne pepper
- ½ tablespoon oregano
- 6 cups spring water

Directions

1. Take a medium pot, place it over medium-high heat, add soursop leaves, pour in 1 ½ cup water, and then boil for 15 minutes, covering the pan with lid.
2. When done, remove eaves from the broth, switch heat to medium level, add remaining ingredients into the pot, stir until mixed, and then cook for 30 minutes or more until done.
3. Serve straight away.

Delicious Chickpea & Mushroom Bowl

2 Zucchini made with pure love from the sun and not tortured animals. We created a simple alkaline vegan soup recipe that you can enjoy and that won't kill any chickens, cows or even fishes. Bon appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 242 Cal; 9 g Fats; 10 g Protein; 34 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cup cooked chickpeas
- 2 zucchinis, spiralized
- 4 small oyster mushrooms, destemmed, diced

- ¼ of white onion, peeled, chopped
- ¼ of red bell pepper, cored, chopped

Extra:

- 1/3 teaspoon sea salt; 1 teaspoon dried basil
- ¼ teaspoon cayenne pepper; 1 teaspoon dried oregano
- 1 tablespoon grapeseed oil
- 2 ½ cups vegetable broth, homemade

Directions

1. Take a medium pot, place it over medium-high heat, add oil and when hot, add red pepper, onion, and mushrooms, season with salt and cayenne pepper, and then cook for 5 minutes until tender.
2. Switch heat to medium-low level, add remaining ingredients except for zucchini noodles, stir until mixed, and then simmer the soup for 15 to 20 minutes.
3. Then add zucchini noodles into the pan, stir until mixed, and then cook for 1 minute or more until thoroughly warmed. Serve straight away.

Zoodle Chickpea Soup

The antioxidants, herbs and minerals in here are bound to make you at least do something productive with your day.

Serving: 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 184.5 Cal; 0.3 g Fats; 6.8 g Protein; 31 g Carb; 6 g Fiber;

Ingredients

- ½ cup cooked, chickpeas
- ½ of a medium white onion, peeled, diced
- ½ of a large zucchini, chopped
- 1 cup kale leaves
- 1 cup squash cubes

Extra:

- ¾ teaspoon salt
- ¾ tablespoon chopped thyme, fresh
- ¾ tablespoon tarragon, fresh
- 2 cups vegetable broth, homemade
- 1 ½ cup spring water

Directions

1. Take a saucepan, place it over medium-high heat, pour in the ¼ cup broth, add zucchini, onion, and thyme and then cook for 4 minutes.
2. Pour in remaining broth and water, bring it to a boil, switch heat to the low level, and then simmer for 10 to 15 minutes until tender.
3. Add remaining ingredients, stir until mixed, and then continue cooking for 10 minutes or more until cooked.
4. Serve straight away.

Healthy Alkaline Green Soup

Typically, average soup dish out there has lots of seafood, but we're replacing it up here, because Fish belong in the ocean, or a fish tank, but not your belly. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 129 Cal; 0.2 g Fats; 1.1 g Protein; 28 g Carb; 4.5 g Fiber;

Ingredients

- 2 cups leafy greens
- 1 small zucchini, sliced
- 1 small white onion, peeled, sliced
- 1 medium green bell pepper, cored, sliced

- 2 ½ cups spring water

Extra:

- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried basil

Directions

1. Take a medium pot, place it over medium heat, add all the ingredients, stir until mixed, and then cook for 5 to 10 minutes until the vegetables turn tender-crisp.
2. Remove pot from heat, puree the soup by using an immersion blender and then serve.

Kamut Squash Soup

Serving: 2

Preparation time: 5 minutes; Cooking time: 32 minutes;

Nutritional Info: 348.8 Cal; 8.8 g Fats; 11.3 g Protein; 57.2 g Carb; 7.8 g Fiber;

Ingredients

- 6 tablespoons Kamut berries
- 1 cup chopped white onion
- ½ cup chopped squash
- ½ cup cooked chickpeas
- 1 cup vegetable broth, homemade

Extra:

- ¼ teaspoon cayenne pepper
- ½ tablespoon chopped tarragon
- 1 bay leaf
- 1 teaspoon chopped thyme
- 1 tablespoon olive oil
- 1 cup spring water, boiling

Directions

1. Place Kamut in a small bowl, pour in the boiling water, and let it stand for 30 minutes.
2. Then take a medium pot, place it over medium heat, add oil and when hot, add onion, stir in thyme and tarragon and then cook for 5 minutes until tender.
3. Drain Kamut, add to the pot, add bay leaves, pour in the vegetable broth, and then bring it to boil.
4. Cover the pot with its lid, simmer for 20 to 30 minutes, then stir in cayenne pepper and cook for 5 minutes.
5. Remove bay leaf, add chickpeas, and then cook for 2 minutes.
6. Serve straight away.